



RAINBOWS IN WINDOWS

ACTIVITY 1

*Please Note: These activities were created in response to the COVID-19 pandemic as a way for children to name and work through their feelings surrounding people feeling unwell and remaining at home, etc. The activities can be used in the future to address any circumstances of illness, but may need to be adapted.

OBJECTIVES

By the end of the WEEK, children should be able to:

- Demonstrate understanding of prevention measures
- Practise self-calming techniques
- Develop empathy for and gratitude to others, appreciating our interconnectedness

RESOURCES

- Book – Rainbows in Windows
- Oil
- Paper towel or napkin
- Cinnamon powder or other type of spice powder (if possible)
- Soap and water

VOCABULARY

- Flu
- Fever
- Virus

ACTION

- Read 'Rainbows in Windows' with your child.
- Calmly, let your child know that a virus is a little similar to a flu, sometimes with symptoms like a cough and a fever. Recall a time when your child, family member or friend didn't feel well and had a fever, and ensure your reminder of the event covers the time of recovery from it.
 - e.g. "Do you remember when you didn't feel well, and your body felt hot? We were able to give you medicine, you rested, and then you felt better. Some people who become unwell through a virus feel this way too".
- Explain that right now, there is a virus called COVID-19 and it has made many people in the world sick. Because of that, people are staying home and taking good care of themselves so that they can help stop this virus from spreading.
- Tell your child that by washing their hands well with soap and water, they will definitely help protect themselves and others from a virus. Explain that with soap and water, a virus will wash away and can't be spread to other places.
- If possible, demonstrate this. Put one tablespoon of oil on your child's hands and ask them to rub it over their palms and fingers, front and back. Then, shake cinnamon (or other powdered spice) over your child's hands.

- Now, ask your child to wash their hands with water (only water, not soap). Then, ask them to press their hands on a paper towel.
 - What do they see? Are their hands clean?
- Ask “How we can get rid of the cinnamon (or other spice)?” Invite your child to answer, then suggest washing hands with soap *and* water.
- Wash the hands now with soap and water and check the hands. Again, with the help of a paper towel, notice how by washing hands with water *and* soap, all the cinnamon (or other spice) has now been washed away.
- Next, demonstrate how to wash hands with soap and water effectively, front and back, in between fingers, and fingertips, while singing the song (below). Tell your child that it’s important to wash their hands during the whole song to get them very clean.
- Tell them how proud you are that they are taking a stand against the virus that is present in the world right now by washing their hands well, protecting themselves and others!

SONG (to the tune of “Here We Go ‘Round the Mulberry Bush”)

This is the way I wash my hands, wash my hands, wash my hands
This is the way I wash my hands, and stop the virus spreading
This is the way I catch my sneeze, catch my sneeze, catch my sneeze
This is the way I catch my sneeze, and stop the virus spreading
This is the way I cover my cough, cover my cough, cover my cough
This is the way I cover my cough, and stop the virus spreading
While singing, add actions and sounds e.g. catch a sneeze (sound of a sneeze)
etc.



RAINBOWS IN WINDOWS

ACTIVITY 2

OBJECTIVES

By the end of the WEEK, children should be able to:

- Demonstrate understanding of prevention measures
- Practise self-calming techniques
- Develop empathy for and gratitude to others, appreciating our interconnectedness

RESOURCES

- Book – Rainbows in Windows
- Flour
- Plate
- Toys that can be easily cleaned (if possible)

VOCABULARY

- Microscope
- Coronavirus
- Calm

ACTION

- Remind your child what a virus is and what we can do to stop it from spreading.
 - e.g. "We wash our hands properly with soap and water, so the virus can't get into our bodies."
- Explain that a virus is so tiny that we can't see it with our eyes. We can only see it through something called a microscope, which helps us to see very tiny objects.
- Pour some flour (enough to cover a plate well) and invite your child to press their hands down in the flour. As they do this, ask them to imagine that the flour is a virus.
- Then, invite them to play with the toys (with the flour still on their hands). When they have played for a few minutes, ask your child what they notice about their toys. The flour is now on their toys!
- Pick up one of the toys and play with it yourself, the flour will now transfer to your hands. Show your child your hands after playing with the toys. Explain that this is how a virus can transfer through things that we touch.
- Next, touch your face so that the flour becomes visible on your face. Explain that the flour has spread, just like a virus. When a virus is near a person's nose and mouth, it can get inside the body and make us sick.
- Point out that after you picked up the toy that your child had played with, and then touched your face, the flour was then on your face and so it spread from them to you. Explain that this is why we must always wash our hands well with soap **and** water, so we don't transfer the virus to our face.

- Next, both wash your hands well with soap and water while singing the song.
- Remind your child about the how the little boy in 'Rainbows in Windows' felt upset because he couldn't go out and play.
- Ask your child how they feel about not being able to go out to play at the park or visit family and friends. Reassure them that it is okay if they feel angry, sad, or frustrated.
- Invite your child to learn something new which can help them to calm down when they feel big feelings. Ask them to sit or lie down comfortably and invite them to close their eyes if they want to. Help them to place their hands on their lower belly.
- Tell them to imagine their belly is a balloon. Explain that by breathing in deeply through their nose, they can make their balloon bigger, and by exhaling through the nose, they can make it smaller. Encourage them to breathe slow, deep breaths as you practice "Balloon Belly Breathing". After 2-3 breaths, ask them how they feel. Have a quick chat about it.
- Explain that if they start to feel big feelings, breathing this way will help them to calm down.
- Reassure your child that they can always speak to you or ask you any questions about the virus. Let them know that you love them, and that they can always come to you for a hug and tell you how they are feeling no matter what the big feeling is.



RAINBOWS IN WINDOWS

ACTIVITY 3

OBJECTIVES

By the end of the WEEK, children should be able to:

- Demonstrate understanding of prevention measures
- Practise self-calming techniques
- Develop empathy for and gratitude to others, appreciating our interconnectedness

RESOURCES

- Book – Rainbows in Windows
- Crushed black pepper
- Deep plate/bowl
- Soap
- Water

VOCABULARY

- Bumble bee
- Staying home

ACTION

- Read ‘Rainbows in Windows’ with your child, again. On pg. 8, where it mentions big feelings, remind your child of Balloon Belly Breathing, which can help them calm down if they feel big feelings etc.
- When you read pg. 20, tell your child you will both try the magic the little boy’s sister created!
- Take a deep plate and fill it $\frac{3}{4}$ full with water. Shake pepper onto the water. Tell your child to pretend that the pepper is the virus. Next, ask your child to put their finger into the peppery water. Observe how nothing much really happens.
- Then, put soap on your child’s hands and fingers. Now, ask them to put their finger back into the water and pepper. Observe how the pepper now moves away from the finger. Explain to your child that by using soap, the virus stays away!
- Discuss what it means to stay at home. Explain that by staying home, we are also helping; when we stay at home the virus can’t spread as easily. It is the same as when they are sick with a cold and stay home from school or groups, so that they don’t get anyone else sick.
- Assure them again that it is okay to feel frustrated that they can’t go out or play together with friends or visit family, or feel bored staying home. Remind them that if they begin to feel big feelings like frustration, or anger they can take a break and breathe some air into their ‘balloon’ (lower belly).

- Tell your child you are going to learn another way of feeling calm, called “Bumble Bee Breathing”
- Inhale deeply through your nose and as you exhale through the nose make a ‘Mmmmmm’ sound that sounds like a bee buzzing. Invite your child to join in with you. As they make the ‘Mmmmmm’ sound, they may feel their lips tingle from the vibration.
- Repeat several times, and as you do more breaths, try to make them longer on the inhale and exhale. While breathing like a bumble bee, invite your child to close their eyes if they wish.
- Afterwards, ask your child how they felt breathing like a bumble bee. Did their lips tickle in the humming sound? Did they listen to the humming sound they made? How do they feel?
- Ask your child what they feel now they know more about the virus and thank them for sharing their feelings with you.
- Let them know that they are special and that you love them. Allow your child to ask questions that they may have. If you don’t know the answer to a question, be honest. Let them know that this is a new virus and we are all still learning more about it.



RAINBOWS IN WINDOWS

ACTIVITY 4

OBJECTIVES

By the end of the WEEK, children should be able to:

- Demonstrate understanding of prevention measures
- Practise self-calming techniques
- Develop empathy for and gratitude to others, appreciating our interconnectedness

RESOURCES

- Internet (if possible)

VOCABULARY

- Key workers
- Rainstorm
- Community
- Volunteers
- Scientist

ACTION

- Ask your child if they have seen any rainbows drawn in windows around the neighbourhood. Did they happen to spot any rainbows in the story? Revisit the pages in the book 'Rainbows in Windows' to see if they can find them and count how many there are.
- Explain how a rainbow is formed after a rainstorm. Tell your child that it's a positive sign of the storm passing.
- Next, discuss how because so many people in the world have a virus right now, people all over are making rainbows and hanging them in their windows, to give thanks to people who help us, give hope to those who are unwell and to make people smile.
 - e.g. "We can see a rainbow when sun shines through water, like at the end of a rainstorm, when the sun starts to shine, its rays shine through the rain making a magical rainbow with beautiful colours. Right now, it feels like we are in a rainstorm, and we can't leave our houses until it ends. Around the world, people are creating beautiful rainbows and putting them up in their windows, to spread happiness and make people smile. We have heard a lot about the spread of a virus, which can make us feel sad and worried, and even angry, but people are sending messages of love by making beautiful rainbows for all to see".
- Ask your child if they would like to also create a rainbow (if they have already, perhaps create a different type of rainbow using found materials).

- Talk to your child about the key workers and people who are helping to take care of everyone, such as doctors, nurses, scientists, cleaners, delivery drivers, supermarket workers, etc.
- Share with them any inspirational stories of people who have been doing different things to help. Have your child think about what they could do to show they care and how they can be kind to others at this time.
 - e.g. “You can show your friends and family that you love and care for them by calling them to tell them that you miss, and remind them that by staying at home, we are taking care of each other.”
- If possible, research a few ideas on how to make a rainbow online – you can use the search terms ‘Make a rainbow’ or ‘Rainbow blower’. If you do not have internet access, please follow Activity 5.



RAINBOWS IN WINDOWS

ACTIVITY 5

OBJECTIVES

By the end of the WEEK, children should be able to:

- Demonstrate understanding of prevention measures
- Practise self-calming techniques
- Develop empathy for and gratitude to others, appreciating our interconnectedness

RESOURCES

- Book – Rainbows in Windows
- Scissors
- Recycled Card
- String
- Paint/Markers
- Glue

VOCABULARY

- Mobile
- Key Workers
- Scientist

ACTION

- Reflect on the story of ‘Rainbows in Windows’ and the activities you have been doing. Ask your child questions about what they have learnt.
 - Are our hands clean if we only rinse them in water? What makes the virus go away from our hands? Can we touch our face, our eyes or our mouth? How can we protect ourselves and others from a virus? Who are the key workers and what are they doing to help? (e.g. “Doctors and nurses are taking care of the sick. Delivery drivers are delivering food to people who can’t leave their homes because they may be sick or not feeling well).
- Remind your child that by creating a rainbow and putting it in a place where people outside can see, you are helping bring a smile to the face of people who are feeling unwell or people who are helping.
- Either create a rainbow that was found through the internet search in Activity 4, or follow the steps below to create a Magical Rainbow Mobile.
- With a marker, sketch out the size of rainbow you would like to create in four (thick) arches on recycled, ‘corrugated’ card (the three bigger arches will each contain two colours of the rainbow, and the smallest piece will be one colour).
- Then, cut out the four arches and paint the colours of your rainbow. Discuss the colours of the rainbow with your child. Explain that the colours in a rainbow are red, orange, yellow, green, blue,



indigo and purple. Tell them that they are usually in a certain order, but when creating a rainbow at home it's okay to be creative!

- Next, take a long piece of string (long enough to thread the arches of your rainbow together) and thread it through the corrugated card in the middle of the biggest arch.
- Once through, pull the string long enough to leave space to thread the other arches under the biggest arch. Tie a knot under the biggest arch, and then thread the string through the middle of the next arch. Continue to tie a knot in the string under each consecutive arch after threading it, and then finally, add the smallest arch.
- Look at your beautiful rainbow! If you would like, you can add a sun and rain cloud to your rainbow mobile.
- Cut out your sun and cloud. Paint your sun and cloud and leave to dry. Cut out some droplets of rain for your cloud and paint. Then, glue each droplet of rain onto a piece of string and glue the string onto the back of the cloud. Finally, glue the cloud onto the bottom of the sun with the rain droplets hanging over the rainbow. Instead of threading the biggest arch first, you would thread the sun first with the biggest arch next (please see image).
- Congratulate your child for working so hard on their Magical Rainbow Mobile and let them know how much you love their creativity (keep in mind that it may not be a perfect rainbow – the point of this activity is to express thanks through art).
- Tell them how proud you are of them and that by creating their beautiful rainbow, they will spread joy and make others smile. Place the rainbow in a window of your home, if possible. If not possible, place in an area where it is easily seen.



REFERENCES

- For more information on how to talk to children about COVID-19, [click here](#) for The WHO guidelines on parenting during the pandemic.